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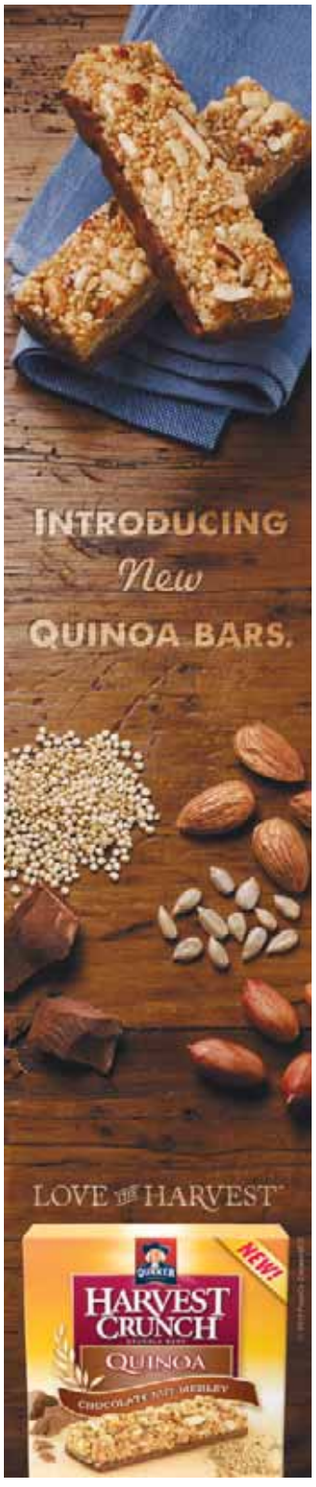

BLACKBERRY HITS THE BARGAIN BIN

BILLIONAIRE BIDS ON EMBATTLED FIRM FOR THE LOW, LOW PRICE OF $4.7 BILLION US

PAGE 20

Clarkson gets tossed for 10 games

NHL suspends Leafs forward for leaving the bench during the big pre-season scrum against Buffalo PAGE 41

You mean Miley Cyrus lyrics aren't factual?

Molly — a purer form of ecstasy — is bad for you, doctor warns PAGE 27

T.O. sisters hurt in Kenya

Mall siege. Bullets, blasts sent teenagers to hospital, aunt says

Two teenage sisters from Toronto are battling serious injuries after terrorists attacked shoppers in a Kenyan mall, their aunt said Monday.

Fardosa Abdi, 17, and Dheeman Abdi, 16, were shopping with their family's maid at a supermarket in the upscale Westgate Mall on Saturday when the assault began, Hodan Hassan told The Canadian Press.

Dheeman had a bullet break her leg and an explosion injure her arm, while Fardosa is in critical condition with severe leg injuries, likely from both a grenade explosion and bullets, her aunt said.

Quoted

"It's really heart-wrenching to know that she may not be able to walk again because of the damage of what happened to her."

Hodan Hassan, aunt

"It's really heart-wrenching to know that she may not be able to walk again because of the damage of what happened to her," Hassan said. "I can't even say hurtful, because it's really beyond that right now."

Hassan, speaking from her home in Minnesota, said the teenagers are Canadian citizens who were born in Toronto but moved three years ago to Nairobi, where their father works in real estate.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

MORE COVERAGE, PAGE 10

'LET'S GET THIS SUBWAY BUILT'

Federal Finance Minister Jim Flaherty and Mayor Rob Ford shake hands after announcing Ottawa's funding of a subway extension in Toronto on Monday. Ford hailed it as a clear victory for Scarborough subway supporters. See story, page 3.

FRANK GUNN/THE CANADIAN PRESS

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Public health report

Ontario accused of negligence over daycares

Ontario's "toothless" powers over unlicensed home daycare, combined with a failure to follow up complaints, are putting children at risk, legislature critics charge.

A public health report, made public through a freedom of information request Friday, revealed that potentially deadly listeria bacteria was found in chicken stew, deli meat and cooked grains at an illegal Vaughan home daycare where a toddler died in July.

TORSTAR NEWS SERVICE

Yonge-Dundas style

City eyeing more digital billboards

A digital billboard at the Eaton Centre. ANDREW FRANCIS WALLACE/ TORSTAR NEWS SERVICE

The giant digital billboards that tower over Yonge-Dundas Square and flash corporate messages at cars zipping along the Gardiner Expressway could spread throughout Toronto.

A city-commissioned consultant's report is recommending amendments that would allow digital billboards in commercial and employment areas.

"Basically areas where nobody lives (and)… hopefully largely invisible to neighbourhoods," Ted Van Vliet, manager of the sign bylaw unit, said Monday.

TORSTAR NEWS SERVICE

Homage to heroes gets a redo

A new Highway of Heroes mural has been painted in an alley behind the coroner's office near Yonge and College after the previous one was defaced by graffiti taggers. Jessey Pacho, who helped create the original Highway of Heroes mural, and Kedre Brown did the repair job. The colourful painting — featuring a white dove, a Maple Leaf, the outlines of soldiers and a field of poppies — had been painted in 2010 by a community youth group to honour the last stop of the Highway of Heroes.

JEFF GREEN/TORSTAR NEWS SERVICE

Feds pledge $660M for new subway

Tax hikes coming?

Offer still leaves city short of the $2.5B-$3B needed to build line all the way to Sheppard

Quoted

"You have our money, let's get this subway built. Our money's for real. It's in our fiscal framework. We have budgeted this money and it will flow. We keep our commitments."

Finance Minister Jim Flaherty

In a clear victory for Scarborough subway supporters, federal Finance Minister Jim Flaherty has confirmed that Ottawa will give Toronto every cent of the $660 million the city requested to build a subway extension from Kennedy Station to Sheppard Avenue East.

The route would be the same one approved by council in July, running about 10 kilometres with three stops, mostly under McCowan Road.

A previously pledged $330 million for transit on Sheppard is also still available, Flaherty said at a press conference Monday.

The federal contribution is in addition to $1.48 billion the province has committed to replacing the decrepit Scarborough RT.

But even combined, the commitments fall short of the estimated $2.5 to $3 billion cost of the line, raising the likelihood of a Toronto property tax hike to pay the difference.

While Ontario Premier Kathleen Wynne indicated she might reconsider the province's preferred shorter subway route, Transportation Minister Glen Murray was clear it will be up to Toronto to make up any cost difference.

Council has already agreed to hike property taxes to pay for the balance of the subway if the federal government agreed to contribute, said TTC chair Karen Stintz.

Building the subway to Sheppard, where it would connect to the planned LRT on that road is worth the extra cost, she said.

"We did contemplate we might have to pay more, and if that's what it takes to get the subway built, then that's what it's going to take," she said.

Although the tax increase will have to go back to council for approval, Stintz said she doesn't anticipate it will be a battle.

"Council overwhelmingly approved we wanted a subway if certain conditions were met, and we're very close now to having those conditions be met so I don't expect it's going to be a contentious debate at all," she said.

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Horwath says insurance firms jacking rates

Auto premiums. Spokesman for Insurance Board says claims that rates hiked due to coming reductions 'nonsense'

NDP Leader Andrea Horwath is accusing the insurance industry of jacking up auto premiums to compensate for the 15 per cent reduction introduced in the budget earlier this year.

In the legislature Monday Horwath offered examples of motorists receiving significant increases when their situation hadn't changed, including Hector Ferriol, 69, of Bramalea, whose annual premiums jumped to $1,700 from $1,350.

"That's more than a 20 per cent increase. What does the premier have to say to drivers like Hector who are seeing their premiums go up rather than down?" she asked Premier Kathleen Wynne.

"The premier is helping insurance companies maintain generous guaranteed profits," she said.

Said Wynne: "We will continue to work with the industry. It is absolutely our intention to reduce rates by 15 per cent on average. That's the target; that's what we will aim for."

The government has promised to phase in the reduction over two years while bringing in other initiatives like curbing fraud, but Horwath said in the meantime the insurance companies are moving quickly to fill in the gap before the axe comes down.

"When people were promised double-digit reductions and they're seeing their double-digit increases, they feel like they're getting played by the Liberals and insurance companies, and I don't blame them," Horwath said.

TORSTAR NEWS SERVICE

NDP Leader Andrea Horwath BERNARD WEIL/TORSTAR NEWS SERVICE

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Food bank users up in most of GTA: Survey

Emmanuel Kimuli is a food bank client and volunteer. TORSTAR NEWS SERVICE

The food Emmanuel Kimuli picks up at the Daily Bread food bank every Monday isn't enough to make three meals a day, "but it's sufficient."

"I'm accustomed to not eating a lot," said Kimuli, 46, who also volunteers at the food bank while trying to focus on his one-man repair and renovation business.

Kimuli collects his monthly income from the Ontario Disability Support Program. By the time he's paid for rent, transportation and utilities, there isn't much left for food.

He's part of the evolving face of hunger in the GTA, as detailed in the Daily Bread's 2013 Profile of Hunger, to be released Tuesday in conjunction with the launch of its annual Thanksgiving Drive.

Titled Who's Hungry: A Tale of Three Cities, the survey found that while client visits to food banks in Toronto's core have finally returned to pre-recession levels, numbers have skyrocketed in much of the rest of the GTA.

The inner suburbs of Etobicoke, North York and Scarborough have seen a 38 per cent increase since 2008, while the 905 region has experienced a jump of 19 per cent.

The study, which surveyed about 1,700 people who use food banks, reveals that clients in the city core are more likely to be single people with a disability, while those in the inner suburbs and the 905 are likely newcomers with children.

It reported that for a fifth year in a row, the number of food-bank visits in the GTA surpassed one million.

Perhaps just as startling, the report found that a third of adult clients have not eaten for an entire day, while about 20 per cent of children are hungry at least once a week.

The results represent a call for action, said Daily Bread executive director, Gail Nyberg. "(The survey) is a cautionary note that we need to continue to do work in the 13 priority neighbourhoods in Toronto," she said. TORSTAR NEWS SERVICE

Pan Am Games

Cirque du Soleil goes sporty

Cirque du Soleil has signed on to produce the opening ceremony of the 2015 Toronto Pan Am/Parapan American Games, sources close to the deal told Torstar News Service. The Montreal-based troupe renowned for spectacular acrobatics and colourful, ambitious productions is expected to make a joint statement Tuesday. TORSTAR NEWS SERVICE

Audits. Mississauga-based Islamic charity has status revoked over terror links

The federal charity watchdog has revoked the charitable status of an Islamic organization that shipped money to a Pakistani agency suspected of being linked to terrorists.

The government stripped ISNA (Islamic Society of North America) Development Foundation of its ability to issue charitable tax receipts after auditors found the Mississauga organization sent more than $280,000 overseas.

The Canadian government fears the cash may have supported the Hizbul Mujahideen, a violent militant group that seeks the secession of Kashmir from India.

"The Government of Canada has made it clear that it will not tolerate the abuse of the registration system for charities to provide any means of support to terrorism," the Canada Revenue Agency said on its decision to revoke the Foundation's charitable status on Sept. 21.

Quoted

"We do not agree with their conclusion. The information it's based on is not right."

G. Nabi Chaudhary, Islamic Society of North America

The government launched its audits into the Foundation and affiliated charities just months after a 2011 Torstar investigation revealed ISNA Canada, one of Canada's largest Islamic organizations, mismanaged more than $600,000 donated to help the needy.

ISNA Development Foundation's acting president rejected the suggestion that charity money given to the Pakistan-based Relief Organization for Kashmiri Muslims may have landed in the wrong hands because of poor oversight.

TORSTAR NEWS SERVICE

Doctor accused of sex assault still seeing young patients

Dr. Arturo Sanchez outside his College Street office on Monday. The retiring pediatrician is accused of sexually assaulting several patients.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Defence. Dr. Arturo Sanchez's lawyer says the pediatrician denies the allegations

Winnie the Pooh characters line the walls of an examination room where a Toronto pediatrician charged with multiple counts of sexual assault continues to see young patients.

Police charged Dr. Arturo Sanchez, 78, with sexual assault, sexual exploitation and sexual interference in March after a young patient alleged the doctor assaulted her during a medical examination.

After receiving statements from several other alleged victims, police laid 25 additional charges. Sanchez faces seven charges of sexual assault, 10 charges of indecent assault and eight charges of sexual exploitation.

His lawyer, David Humphrey, said the long-time pediatrician denies the allegations.

"He's obviously presumed innocent and he looks forward to the opportunity to prove his case in court," Humphrey said. TORSTAR NEWS SERVICE

Getting support online

- Despite the allegations, patients have continued to heap praise on Dr. Arturo Sanchez on online forums such as RateMDs.com since the criminal charges were laid.
- "I do not believe for a second this allegations (sic), I love this doctor!" reads a post from Sept. 4.
- "The English language cannot provide with enough words of gratitude for all he has done for kids and the city of Toronto," reads another from April 12.

New home and condo sales both slumped in August

Average price of a new condo in the GTA was $436,789 in August.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Just 633 new highrise condos were sold across the GTA in August, the lowest sales of pre-construction condos for that summer month in a decade and almost 50 per cent below historic norms, according to RealNet Canada Inc.

While the sales of new low-rise detached, semi-detached and townhomes picked up slightly in August, they too were 43 per cent off historic averages, amounting to the third-lowest sales for that housing sector in a decade.

Low-rise house prices continue to hit new records, however: They averaged $658,938, while the average price of a new condo stood at $436,789 in August.

The dramatic slowing of new home and condo sales is the worrisome other side of the housing market coin, at a time when so much attention has focused on the rebound of resale homes since summer, says Jim Murphy, chief executive of the Association of Accredited Mortgage Professionals.

"All those cranes we see on the Toronto skyline right now are based on condo sales that took place two or three years ago. There will be fewer cranes going forward (based on declining sales numbers), and that means fewer jobs."

Quoted

"All those cranes we see on the Toronto skyline right now are based on condo sales that took place two or three years ago."

Jim Murphy, chief executive of the Association of Accredited Mortgage Professionals

Just a week ago, Murphy met with Finance Minister Jim Flaherty in Ottawa to caution about "the need to find balance" in the critical housing market.

Mortgage professionals have been growing increasingly concerned that Ottawa may move to further tighten mortgage lending rules to cool a resale housing market that has rebounded significantly the last few months, and with it prices.

But further tightening aimed at cooling the resale market could cause major damage to the already chilly new construction house and condo market and result in massive job losses, the association has warned.

According to Bloomberg, Flaherty told reporters Monday that housing prices across Canada are "relatively stable" and that no further tightening of mortgage lending rules is planned.

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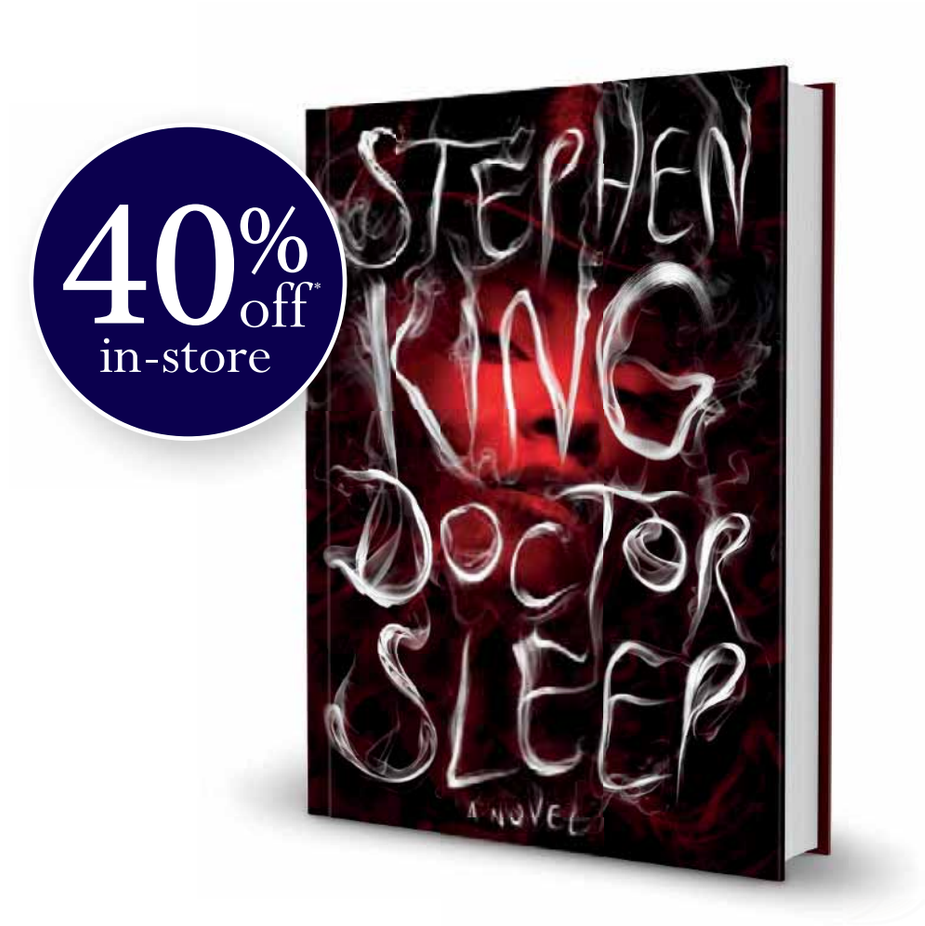

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Former Supreme Court judge to back Quebec values charter

In defence of equality. Claire L'Heureux-Dubé says the face of females in Muslim world is increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce the religious neutrality of the state.

Claire L'Heureux-Dubé
THE CANADIAN PRESS

The many critics in the political, legal and academic arenas warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There is no accommodation.... Equality is the same thing," she told Radio-Canada host Michel Lacombe.

"There are also civil liberties that are extremely important, but they're not on the same level. Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is uncovered.

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here."

L'Heureux-Dubé is confirmed as a member of the Rassemblement pour la laïcité (Rally for Secularism) collective.

TORSTAR NEWS SERVICE

Radio-Canada travaille l'opinion contre la charte
La beauté féminine n'a pas à être cachée!
QUEBEC UN PAYS
OUI à la CHARTE des valeurs québécoises
Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter, which would ban the wearing of religious symbols and clothing from any public institutions. GRAHAM HUGHES/THE CANADIAN PRESS

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Edson, Alta.

Is this just fantasy? Busted Queen fan to run for mayor

An Alberta man who became a YouTube sensation for enthusiastically singing the song Bohemian Rhapsody from the back seat of a police car is going into politics.

Robert Wilkinson is running for mayor of Edson, a town west of Edmonton.

The town says Wilkinson submitted the necessary five signatures from residents along with his nomination papers to register as a candidate.

Wilkinson was convicted of impaired driving last November, fined $1,400 and prohibited from driving for one year.

The RCMP video of him singing the Queen rock anthem went viral, amassing more than 10 million hits.

At the time Wilkinson said he received $1,000 from the American cable network TrueTV so it could air the video on its show World's Dumbest Criminals. THE CANADIAN PRESS

Richmond, B.C.

Young men need to keep privates private: RCMP

Richmond RCMP are warning young men in the Vancouver suburb to make better choices about the private details — or parts — they reveal online.

Mounties say they have investigated four incidents of attempted extortion over the last month involving men who thought they were having a private Internet chat with an unknown woman in an unknown country.

In each case, the chat led to the man exposing himself via webcam.

That's when the chat became anything but friendly, as Cpl. Stephanie Ashton says the victims were told to send money through Western Union to avoid having the videos sent to their friends and family on Facebook.

Ashton says no money was paid, but everyone should use good judgement about anything posted online. THE CANADIAN PRESS

Vancouver

Restaurant owner charged in alleged peeping case

A warrant is out for the arrest of a restaurant co-owner who authorities allege observed or recorded people "in a place in which they could reasonably be expected to be nude."

Two former employees of the restaurant say they were told by a co-owner not charged in the matter that he discovered a USB-key-sized camera on Dec. 18, 2012 while cleaning around the toilet in the co-ed washroom used by patrons and staff of the now-closed upscale establishment.

Police and the Crown would not comment on the case in detail, but Sgt. Randy Fincham of the Vancouver Police Department said in an email Monday that authorities are looking for Allan Bosomworth and are asking the man to turn himself in.

Fincham said Bosomworth was charged Sept. 11. THE CANADIAN PRESS

11 suspects charged in alleged Sask. hazing

'Freshie party.' Police say investigation has been hampered by poor co-operation

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Mounties describe as "paddling" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage to his leg and buttocks.

"There are five victims known to us. We do believe there are more," RCMP spokesman Sgt. Craig Cleary said on Monday.

Sgt. Craig Cleary told media on Monday that the probe into the alleged hazing ritual has been hurt by poor family co-operation.
MARCO VIGLIOTTI/METRO IN REGINA

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6 in a field about four kilometres southeast of Lanigan, east of Saskatoon.

All of the teenaged suspects are also male. More charges could be laid if additional victims come forward, Cleary said.

The names of nine youth suspects can't be released publicly. However, two Lanigan men are among the people charged. Brayden Braun, 18, is charged with assault with a weapon, and Kyle Ekstrom, 18, is charged with assault causing bodily harm and three counts of assault with a weapon.

The investigation has been hampered, Cleary said, by weak co-operation from those involved.

"The co-operation from the families of potential victims isn't quite the same as from the ones that have stepped forward," he said.

The Horizon School Division, which oversees the Lanigan school, expressed "shock" and stressed that its board has not condoned any hazing ritual. MARCO VIGLIOTTI/METRO IN REGINA

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Canada keeping a close eye on Kenya after 'cowardly' attack

Local connection? Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed report claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a press conference with his visiting Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Naguib Damji as the other Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and he once again extended his condolences to the families, friends and colleagues of the victims.

THE CANADIAN PRESS

Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill in Ottawa Monday, while in the background, a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

Final push

Expert says mall not yet 'fully' cleared

While the Kenyan government announced Sunday that "most" hostages had been released, a security expert said Monday at least 10 were still being held by a band of attackers described as "a multinational collection from all over the world." The expert said many hostages had been freed or escaped in the previous 24-36 hours, but there were at least 30 hostages when the assault began, he said, and "it's clear" Kenyan security officials "haven't cleared the building fully."

THE CANADIAN PRESS

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Alberta. Khadr's transfer hinges on whether he is considered a youth or adult

An Edmonton judge has reserved his decision on whether former Guantanamo Bay inmate Omar Khadr should be transferred to a provincial jail in Alberta.

The 27-year-old is serving his sentence at the federal maximum-security Edmonton Institution. The judge hearing the case says his ruling will come down to whether he believes Khadr is serving time as a youth or an adult.

Khadr pleaded guilty to five war-crime offences, including murder, in 2010 for killing an American soldier in Afghanistan when he was 15.

Khadr's lawyer, Dennis Edney, is arguing he should be treated as a young offender and moved to a provincial jail.

Edney told the court that an eight-year sentence for murder and other crimes only makes sense as a youth sentence.

But the government argues that Khadr was given eight years as a youth for murder and the sentences on the four remaining offences were to be served concurrently as an adult. THE CANADIAN PRESS

Omar Khadr appears in an Edmonton courtroom Monday in this artist's sketch. Khadr's lawyer is arguing that his client should be moved from a maximum-security prison to a provincial jail. AMANDA MCROBERTS/THE CANADIAN PRESS

Boston bombing

Tsarnaev's lawyers want more time to argue against death penalty

Federal authorities plan to recommend whether to seek the death penalty against Boston Marathon bombing suspect Dzhokhar Tsarnaev by the end of next month and expect U.S. Attorney General Eric Holder to decide early next year whether to pursue it, prosecutors said Monday.

But Tsarnaev's lawyers objected to the timetable and asked a judge for more time to make their case against the death penalty.

During a status conference in U.S. District Court, Tsarnaev's lawyers said they have not received key evidence from prosecutors yet, and have not had enough time to submit a proposal arguing Tsarnaev does not deserve the death penalty. THE ASSOCIATED PRESS

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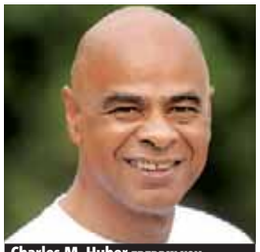
Germany. Chemist, actor become first black members of parliament

A chemist and an actor — both with family roots in Senegal — have become Germany's first black federal lawmakers, according to official election results released Monday.

They were among 34 lawmakers with immigrant backgrounds to win seats in Sunday's election, up from 21 in the previous term, said the Migration Media Service, a group that provides facts and figures on immigration in Germany.

Although nearly one in five of Germany's 80 million people are immigrants, or the children or grandchildren of immigrants, relatively few have made it into the federal legislature. Until now there were no black lawmakers in parliament, despite more than 500,000 people of recent African origin believed to be living in Germany.



Charles M. Huber FREDRIK VON ERICHSEN/THE ASSOCIATED PRESS

"My election into the German parliament is of historical importance," said Karamba Diaby, a Senegalese-born chemist who moved to the city of Halle in 1986.

The other black lawmaker elected Sunday was Charles M. Huber, a 56-year-old actor born in Munich to a Senegalese father and a German mother. THE ASSOCIATED PRESS

Human rights

Swedes outraged by illegal police registry of Roma

Sweden's police have been severely criticized for compiling a secret, illegal registry of more than 4,000 Roma, including children.

In a country known for human rights, ethnic equality and strict adherence to the rule of law, politicians expressed dismay at the existence of the list, confirmed by police after a report in a national daily earlier Monday.

Parliamentary justice committee chairman Morgan Johansson described the list as "illegal," saying the constitution forbids registering people by ethnicity.

The country's top police officer, Bengt Svenson, has demanded a joint meeting with all regional police chiefs on Wednesday. THE ASSOCIATED PRESS

European leaders take a stand on racist taunts

Cecile Kyenge. More than a dozen nations say attacks against Italy's first black cabinet minister 'must stop'

Cabinet ministers from more than a dozen European nations came to Rome on Monday in a show of support for Italy's first black cabinet minister, who has faced racist taunts ever since she was appointed in April.

The ministers signed a declaration condemning racism as anathema to Europe's democratic principles. They also called for the continent to embrace diversity and for its politicians to be models of unity, not intolerance.

They said the attacks that Integration Minister Cecile Kyenge has been subjected to were unacceptable and must stop, particularly because they have come from Italy's political class.

One member of Italy's xenophobic Northern League has called the Congolese-born Kyenge a "Congolese monkey." Another — the Senate vice-president — likened her to an orangutan, and a third suggested on Facebook that she be raped so she would know what it feels like to be a victim of crime.

Declaration

- Belgium's deputy prime minister, Joelle Milquet, sponsored the initiative after deciding the attacks against Kyenge couldn't go unanswered.
- She said she was pleasantly surprised that so many countries quickly agreed to support Kyenge and sign the declaration, which also calls for a broader European pact against racism to be launched in January.

Kyenge, an eye doctor who has lived in Italy since 1983, has responded to the attacks with reserve, saying it's not for her to denounce them but for Italians and their institutions to do so. On Monday, ministers and ambassadors from 16 other European Union nations answered on her behalf and condemned the attacks against her.

"Political leaders must be models of unity, acceptance of diversity and tolerance, and not actors of division and intolerance," the declaration read.

Kyenge said the event marked an important moment for Italy and the rest of Europe because the attacks weren't against just her but also against government institutions. THE ASSOCIATED PRESS

Italian Integration Minister Cecile Kyenge attends a news conference in Rome on Monday. Cabinet ministers from more than a dozen European nations have come to Rome in a show of support for Italy's first black cabinet minister who has been attacked with racist taunts since she was appointed in April. RICCARDO DE LUCA/THE ASSOCIATED PRESS

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Bangladeshi garment workers vandalize furniture on a street during a protest in Gazipur, Bangladesh, Monday. Police fired rubber bullets and tear gas in the third day of clashes Monday with thousands of workers demanding better minimum wages amid escalating tension over the country's main export business. THE ASSOCIATED PRESS

Police, factory workers clash in Bangladesh

Escalating tensions. Scores injured as demand for higher wages in garment industry turns violent

Police fired rubber bullets and tear gas Monday in the third day of clashes with thousands of garment workers demanding better wages amid escalating tension over Bangladesh's main export business.

Police said the violence mainly took place in the Gazipur and Savar Industrial zones, just outside the capital of Dhaka. Hundreds of factories that produce clothing for many big global brands, including Walmart and H&M, are located in those two areas.

Witnesses said the workers also poured into the streets at two major intersections in Dhaka, disrupting traffic.

Scores were injured in the violence as the workers threw stones at police, who retaliated with rubber bullets and tear gas, according to local Gazipur police chief Abdul Baten. More than 100 factories were closed for the day, he said.

The Bengali-language Prothom Alo daily reported that the angry workers attacked a makeshift camp of security officials and looted eight rifles in Gazipur. They later burned four rifles and dumped the rest in a sewage drain, it said.

About 50 people were injured Sunday in similar street violence.

The workers are demanding that their minimum monthly wage be raised to 8,114 takas (around $100 US) from the current 3,000 takas ($38). Factory owners are unwilling to increase the monthly wage beyond 3,600 takas ($45), saying it would inflate production costs.

The Bangladesh Garment Manufacturers and Exporters Association on Monday asked the government to intervene.

Bangladesh earns about $20 billion a year — almost 80 per cent of the country's total export earnings — from exporting garment products, mainly to the U.S. and Europe. It employs about four million workers, mostly women.

The harsh and often unsafe working conditions in Bangladesh's garment industry gained global attention after the collapse of an eight-story factory killed more than 1,100 people in April.

THE ASSOCIATED PRESS

Concordia. Captain blames helmsman for botched move that caused crash

The captain of the wrecked Costa Concordia, now on trial over the deadly disaster, blamed his helmsman Monday for botching a last-minute corrective manoeuvre that he contends could have prevented the massive cruise ship's collision with a reef off an Italian island.

Capt. Francesco Schettino is charged with manslaughter, causing the shipwreck and abandoning ship before the luxury cruise liner's 4,200 passengers and crew could be evacuated on Jan. 13, 2012. Thirty-two people died that night. Last week, the capsized ship was raised upright in a major salvage operation.

Critics have depicted Schettino as a negligent coward, but Schettino insists he is being made a scapegoat and that errors by other crew and mechanical problems exacerbated the tragedy.

The Concordia crashed into a reef, took on water and capsized when Schettino steered it dangerously close to Giglio. Schettino told the court that as the Concordia came perilously close to Giglio's rocky coastline, he ordered his helmsman to steer the rudder to the left, but the crewman reacted too slowly and shifted to the right instead. The jagged reef sliced a 70-metre gash in the ship's hull.

"If it weren't for the helmsman's error, to not position the rudder to the left ... the swerve (toward the reef) and the collision wouldn't have happened," said Schettino, who risks 20 years in prison if convicted.

Investigators have said language problems between the Italian captain and the Indonesian-born helmsman may have played a role in the botched manoeuvrings. A maritime expert, however, told the court that although the helmsman was slow to react and had erred, in the end it didn't matter.

"The helmsman was 13 seconds late in executing the manoeuvre, but the crash would have happened anyway," Italian naval Adm. Giuseppe Cavo Dragone said Monday.

Lawyers for the plaintiffs are also pressing for answers to reported mechanical failures. "It is unfair that we have only one defendant," said Michelina Suriano, a lawyer representing injured parties. "He should be together with many others."

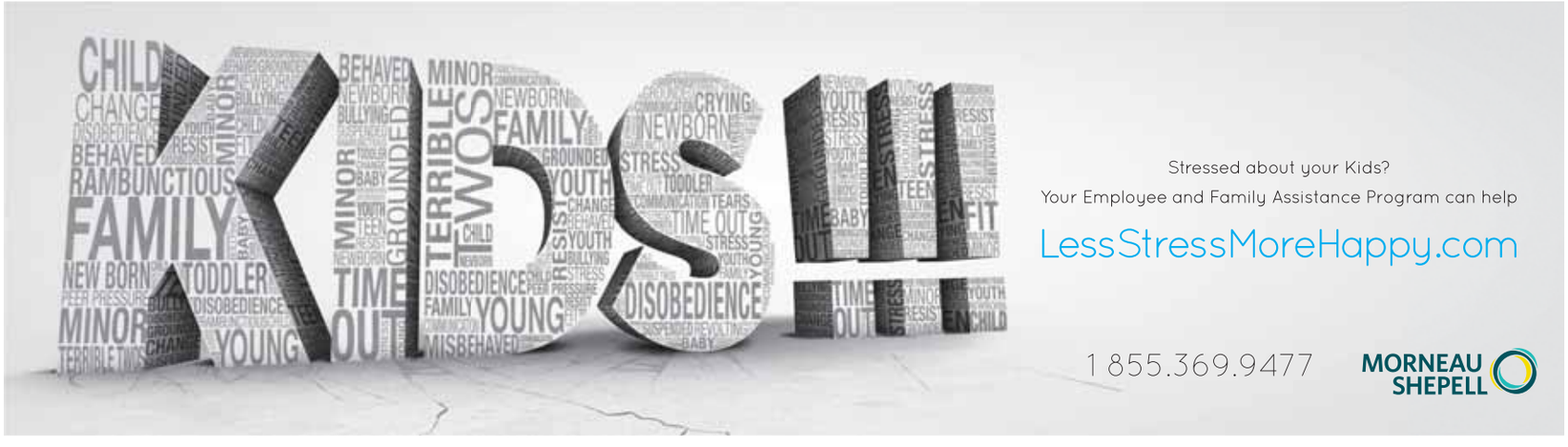
THE ASSOCIATED PRESS

The blame game

Schettino also has said the reef wasn't on his charts, and that the company should shoulder some blame.

- His defence team wants experts to go inside the wrecked ship to determine why water pumps and an emergency generator failed to function, among other alleged mechanical problems.

Captain Francesco Schettino
THE ASSOCIATED PRESS



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Egyptian court bans Muslim Brotherhood

Crackdown. Security forces have arrested some 2,000 members, including top figures

An Egyptian court on Monday ordered the Muslim Brotherhood to be banned and its assets confiscated in a dramatic escalation of a crackdown by the military-backed government against supporters of the ousted Islamist president Mohammed Morsi.

The ruling opens the door for a wider crackdown on the vast network of the Brotherhood, which includes social organizations that have been key for building the group's grassroots support and helping its election victories. The verdict banned the group itself — including the official association it registered earlier this year — as well as "any institution branching out of it or … receiving financial support from it," according to the court ruling, made public on Egypt's state official news agency MENA.

The Brotherhood was outlawed for most of its 85 years in existence. After the 2011 ouster of Hosni Mubarak, it emerged to work openly, opening a formal headquarters and forming a political party for the first time, and rose to power in a string of post-Mubarak elections. Still, its legal status remained hazy. In March, it registered as a non-governmental organization, but its entire network was not brought under the association's aegis.

THE ASSOCIATED PRESS

A protester ransacks the Muslim Brotherhood headquarters in Cairo in this July 1 file photo. THE ASSOCIATED PRESS

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Russia

Top Islamic cleric protests order to outlaw Qur'an translation

Russia's top Islamic cleric has protested a provincial court order to declare a translation of the Qur'an as extremist and to destroy it.

Ravil Gainutdin, the head of the Council of Muftis of Russia, said in an open letter to President Vladimir Putin released Monday that the ruling was "illiterate" and "provocative."

The Qur'an is available in Russian translation, but the court last week ruled that the translation by Elmir Kuliyev published in Saudi Arabia in 2002 violated federal law banning extremist materials.

Gainutdin said that the "Russian Muslims were appalled by the neglect of law shown by the court" in the Black Sea port of Novorossiisk and demanded that the verdict be revoked.

THE ASSOCIATED PRESS

Pussy Riot member starts hunger strike in prison

Imprisoned Pussy Riot punk band member Nadezhda Tolokonnikova — seen behind bars at a district court in Russia in April — says she is beginning a hunger strike to protest harsh working conditions and threats to her life. In a letter on the group's blog, Tolokonnikova says inmates in her prison are forced to work up to 17 hours a day in a shop that makes police uniforms. THE ASSOCIATED PRESS FILE

Direct indictment. Men accused in alleged VIA plot to head straight to trial

Two men charged in an alleged plot to attack a VIA Rail train will be heading straight to trial after federal prosecutors said they were bypassing a preliminary inquiry into the case.

The Crown announced in court Monday that it is proceeding by direct indictment against Raed Jaser and Chiheb Esseghaier.

The move means that the case is bumped up from provincial court to Superior Court without the step of having a preliminary inquiry. Such hearings are to determine if there is enough evidence for a case to go to trial.

Federal Crown attorney Croft Michaelson did not give a reason in court for the direct indictment, but did say he expected the trial would be "lengthy."

Court also heard Monday that Jaser's lawyer, John Norris, is applying to get his client out on bail.

The bail hearing has been set for Oct. 21.

Both Jaser, 35, and Esseghaier, 31, will be in court that day so a judicial pretrial, the next stage in the court process, can be set.

Esseghaier has not applied for bail, as he still does not have a lawyer.

THE CANADIAN PRESS

Charges

One of the charges was dropped on the new indictment: Esseghaier is no longer facing a charge of instructing someone to carry out an activity for the benefit of a terrorist group.

- Esseghaier is still facing five charges, with the addition of a third count of participating in a terrorist group.
- Jaser also had a participation count added and is now facing four charges.

'Free Amir'

U.S. lawmakers ask Iran's visiting president to release ex-Marine

Dozens of U.S. lawmakers are welcoming Iran's new president to the United States with a simple message: "Free Amir."

Holding aloft the two-word sign, more than 60 Republicans and Democrats have contributed photographs to a collection they hope President Hasan Rouhani will see after arriving for the UN General Assembly. Their goal is for Rouhani to order the release of Amir Hekmati, a former U.S. Marine who has been imprisoned in Iran for more than two years.

Hekmati's family may have cause for optimism. Rouhani's moderate tone has raised hopes of a significant thawing of relations between Iran and the United States. Rouhani and President Barack Obama will both address the UN Tuesday.

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Wipes cause millions of dollars in damage to sewer systems

Bathroom towelettes. They may go down the toilet, but they're being blamed for costly clogs and backups

Rob Villee, executive director of the Plainfield Area Regional Sewer Authority in New Jersey, holds up a wipe he flushed through a test toilet in his office. JULIO CORTEZ/THE ASSOCIATED PRESS

Increasingly popular bathroom wipes — pre-moistened towelettes that are often advertised as flushable — are being blamed for creating clogs and backups in sewer systems around the U.S.

Wastewater authorities say wipes may go down the toilet, but even many labeled flushable aren't breaking down as they course through the sewer system. That's costing some municipalities millions of dollars to dispatch crews to unclog pipes and pumps and to replace and upgrade machinery.

The problem got so bad in Bemus Point, N.Y., this summer that sewer officials set up traps — basket strainers in sections of pipe leading to an oft-clogged pump — to figure out which households the wipes were coming from. They mailed letters and then pleaded in person for residents to stop flushing them.

"We could walk right up, knock on the door and say, 'Listen, this problem is coming right from your house,'" said Tom Walsh, senior project co-ordinator at South & Center Chautauqua Lake Sewer Districts, which was dispatching crews at least once a week to clear a grinder pump that would seize up trying to shred the fibrous wipes.

The National Association of Clean Water Agencies, which represents 300 wastewater agencies, says it has been hearing complaints about wipes from sewer systems big and small for about the past four years.

That roughly coincides with the ramped-up marketing of the "flushable cleansing cloths" as a cleaner, fresher option than dry toilet paper alone. A trade group says wipes are a $6 billion-a-year industry, with sales of consumer wipes increasing nearly five per cent a year since 2007 and expected to grow at a rate of six per cent annually for the next five years. THE ASSOCIATED PRESS

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Just like the boomers, VW's hippie bus is retiring

It carried hippies through the 1960s, hauled surfers in search of killer waves during endless summers and serves as a workhorse across the developing world, but the long, strange trip of the Volkswagen van is ending. Brazil is the last place in the world still producing the iconic vehicle, or "bus" as it's known by aficionados, but VW says production will end Dec. 31. Safety regulations mandate that every vehicle in Brazil must have air bags and anti-lock braking systems starting in 2014, and the company says it cannot change production to meet the law. Although output will halt in Brazil, there should be plenty of VW vans rolling along for decades, if only because there are so many, and they are so durable. VW produced more than 10 million Volkswagen Transporter vans globally since the model was introduced 63 years ago in Germany, though not all resemble the classic hippie machine. THE ASSOCIATED PRESS FILE

This is the best story ever!
N.Y. fights fake online reviews for companies

A perfect hotel? An amazing restaurant? Teeth whitener that leads to romance?

Such things may only truly exist in online reviews, and New York's attorney general says many of them are fakes, just as more consumers searching for guidance are starting to bite.

Attorney General Eric Schneiderman is trying to dismantle what he calls a system of creating false online reviews for products and services. On Monday he announced that he has settled cases with 19 companies that included $350,000 in penalties. The fake plaudits are sometimes called "astroturfing," a reference to the synthetic grass used on sports fields.

"Consumers rely on reviews from their peers to make daily purchasing decisions on anything from food and clothing to recreation and sightseeing," Schneiderman said. "This investigation into large-scale, intentional deceit across the Internet tells us that we should approach online reviews with caution."

The rise in the phoney review business comes as more people trust such commentaries, even though they are often posted anonymously. Schneiderman said Harvard Business School found that increasing a restaurant's review score by one star on Yelp.com could boost business up to eight per cent. Cornell researchers found an extra star on Travelocity or TripAdvisor could translate into an 11 per cent increase in a room rate. THE ASSOCIATED PRESS

Wow, that's thrilling

15%

By 2014, one researcher estimates 10-15 per cent of social media reviews will be fake.

Average 9.3 days missed

Absenteeism costs $16B a year

Absenteeism costs the Canadian economy more than $16 billion a year, according to a study by the Conference Board of Canada.

The report, released Monday, says the average full-time Canadian worker was absent for 9.3 days in 2011. THE CANADIAN PRESS

Market Minute

DOLLAR
97.23¢ US (+0.13¢)

TSX
12,811.20 (+4.73)

OIL
$103.59 US (-$1.16)

GOLD
$1,327 US (-$5.50)

Natural gas: $3.60 US (-0.9¢)
Dow Jones: 15,401.38 (-49.71)

Failure to report

TD Bank settles civil case for $52.5M

TD Bank is paying $52.5 million US to settle U.S. civil charges after regulators accused the bank of failing to report suspicious activity in accounts linked to a $1.2-billion US Ponzi scheme.

The settlements were announced Monday by the U.S. Securities and Exchange Commission and the Office of the Comptroller of the Currency.

The OCC said TD Bank failed to file suspicious activity reports to the government on the accounts of Scott Rothstein, a former Florida lawyer now serving a 50-year prison sentence for the Ponzi scheme. The SEC said the bank deceived investors by saying that it had restricted Rothstein's transfers of money in the accounts.

THE ASSOCIATED PRESS

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Highest number of subscribers

72M
Current number of subscribers

20,000
Highest number of employees

8,200
Number of current employees (after Sept. 20 layoff announcement)

'Bargain hunter' billionaire behind BlackBerry bid

From CrackBerry to discount bin. Prem Watsa is backing the $4.7B deal that could breathe life into moribund company

Fairfax Financial Holdings offered Monday to buy BlackBerry in a deal that values the company at about $4.7 billion US. THE ASSOCIATED PRESS FILE

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a $4.7-billion US deal to save the Canadian tech giant.

Often referred to as the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the University of Toronto.

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time and sometimes gets actively involved."

Watsa, who heads insurance firm FairFax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for $9 US per share. Toronto-based FairFax is already the struggling smartphone maker's largest shareholder, owning about 10 per cent of the stock.

Buy low, sell high?

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."

Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

Watsa joined the board at BlackBerry in January 2012 following a shakeup at the executive level with the departures of BlackBerry co-CEOs Jim Balsillie and Mike Lazaridis and their replacement in the top job by current CEO Thorsten Heins.

At the time, the FairFax chairman and chief executive said that a turnaround for the maker of smartphones that were once so popular they were known as CrackBerrys would take upwards of three to five years.

Kirzner said the timing of this deal is questionable, considering that it's been less than two years since Heins took over.

Since then, the company has slashed staff, with some 4,500 employees — 40 per cent of the remaining workforce — being let go in the latest job cuts announced last Friday.

In the same announcement, BlackBerry said it would face a writedown of nearly $1 billion when it reports its latest quarterly earnings this Friday.

The news sent the stock plummeting, down 16 per cent to close at $9.08 Friday on the Toronto Stock Exchange. It was unchanged Monday.

THE CANADIAN PRESS

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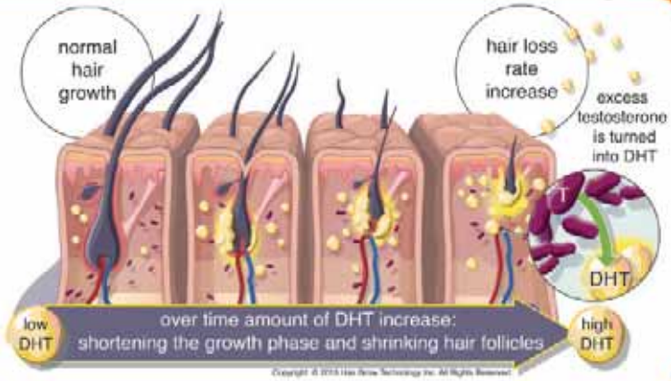
normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

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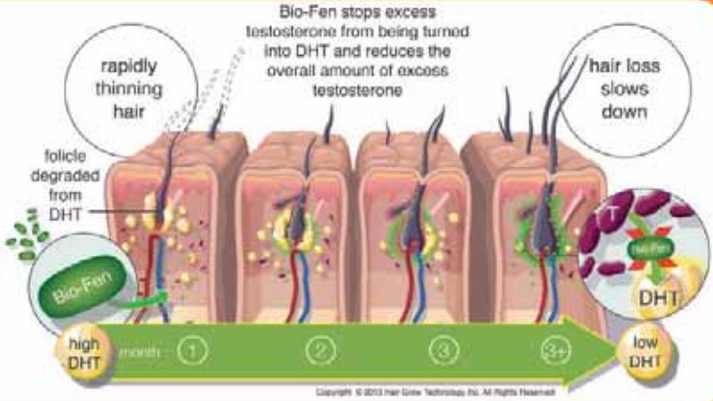

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TOUGH TO KEEP UP IN TECH AGE

SHE SAYS

Jessica Napier
metronews.ca

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fanboy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks; every smartphone will have a built-in retina scanner (fingerprints are so 2013); and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the technicolour dream world that is iOS7.

Sure, the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimatize to a new land.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Making a beeline for the honey

H & H-J KOCH/SOLENT NEWS

Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.
METRO

Q and A

Bee chains – a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH
Photographers, both 56, from Goosefeld, Germany

What exactly are the bees trying to do?
They are making chains with their bodies so they can repair a honeycomb. But for scientists, it's still a mystery why they actually do this — it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

GETTY IMAGES

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade — so you know just what you've been holding out for.

Blocking:
Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now you don't have to with the blocking function.

Photo filters:
If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

Time stamps:
Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

Wish list:
Want an app but don't want to shell out for it just yet? Add it to the new iOS7 wish list.

Letters

RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Coca-Cola, a world renowned supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.
Lindsay Qualtrough
Scarborough, Ont.

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Don Jon, Joseph Gordon Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC

5 Out of the box rom-coms

Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300 pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.

Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.

Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.

Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.

Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

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DVD review

Brad Pitt's World War Z would fell a lesser actor. CONTRIBUTED

World War Z

Director. Marc Forster

Stars. Brad Pitt, Mireille Enos, Daniella Kertesz

●●●○○

The undeniably magnetic Brad Pitt sprints over plot holes in this global zombie horror that would sink a lesser actor.

His combination of macho heroics and regular-guy empathy raises pulses and inspires rooting interest in a story that is otherwise filled with howlers, and not just the undead kind.

Pitt's resourceful Gerry Lane somehow manages to find clear highways when all others are clogged with fleeing humans. He travels to zombie zones to acquire info that a telephone call or email could have supplied. He makes deductions that would leave Sherlock Holmes scratching his head.

But he keeps moving — his battle-tested motto is "movement is life" — and he carries us with him. The zombies seem to abide by the same dictum, since they sprint, climb and leap like undead Olympic athletes, especially in one amazing scene where they breach Israel's border wall.

Director Marc Forster's adaptation of the 2006 bestseller by Max Brooks retains the global zombie pandemic angle but dispenses with the past-tense multiple voices of the source novel. The reductionism is understandable, though, because you'd need a TV miniseries to get everything in.

Extras are Blu-ray only. They include the unrated version of the film and multiple making-of featurettes.

PETER HOWELL

Leaving her mark on a story about the world of water

Documentary. Canadian filmmaker examines our complex relationship with a precious resource

STEVE GOW
scene@metronews.ca

Back in 2006, director Jennifer Baichwal hit on something very special when she followed acclaimed photographer Edward Burtynsky into China as he took some of the most visually striking pictures of industrial wasteland you'll ever see.

The result became the acclaimed documentary Manufactured Landscapes and garnered the director several awards.

"We always wanted to work together again," said Baichwal during the Toronto Film Festival. "Ed was very intrigued by film and I think after Manufactured Landscapes he thought he wanted to be more involved from the beginning."

As such, Baichwal and Burtynsky (now as co-director) kept in contact and finally found their focus with Watermark — a stunning examination of the human relationship to our most treasured natural resource — water.

"It was the cinematic possibilities of water in all its different incarnations (that) came immediately to the fore," explained Baichwal of the film's origins.

"We thought about this theme of water and how humans have interacted with (and) shaped water and long for water — there's this sort of primal relationship there — and then tried to find as many existential moments that showed that as we could."

It wouldn't prove an easy task. Watermark would take more than five years to develop as the directing duo travelled across 10 countries to investigate everything from a polluting tannery in Bangladesh to the construction of the massive Xiluodu dam in China — all displayed with a non-didactic observer's eye but filmed in such a way to lend the ecological madness a certain mystical beauty.

"One of the reasons that I've always kind of married art and environmental issues is (because) film is a visual medium," said Baichwal. "If you can't find a way of conveying something that has visual power, it feels to me that maybe you should write a book about it (instead)."

Quoted

- **Baichwal on combining art and environmentalism.** "There are a lot of environmental films that have arguments to advance and they do that very well," said Baichwal. "But they have a very traditional format that I'm less drawn to."

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What to do when it's just you and a vengeful Hugh

Prisoners, starring Hugh Jackman, left, and Paul Dano, is playing now. CONTRIBUTED

Paul Dano. Actor talks filming intense torture scenes with Hugh Jackman in Prisoners

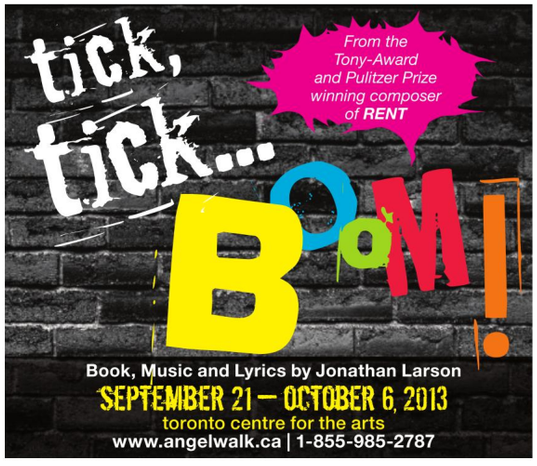
MATT PRIGGE
Metro World News in New York

Paul Dano has eked out a career for himself playing repressed, often strange characters, including his breakthrough as the willfully mute son in Little Miss Sunshine. His Prisoners turn may be his oddest yet: He plays a mysteriously remote young man who lives in an RV and may either be involved or know something about two girls who were kidnapped. He spends most of the film locked in an abandoned house, tortured to no end by one of the girls' hothead fathers (Hugh Jackman).

It's not immediately apparent what's wrong with the character you play: Is he mentally slow, or is there some horrible trauma? How do you play that, and how do you play that without giving the ending away?
When you first read it he's a bit of a mystery. How did a person end up like that? That's the fun puzzle for me as an actor. I looked at him as a wounded animal. You don't know what happened to him before the film begins, so you build a fully realized person, even though the audience may not learn everything about the character. You want the internal life to be as complete as possible. Every unspoken word is as important as each spoken word.

Your scenes with Hugh Jackman have an intensity to them that's hard to take. What was it like filming those scenes?
Hugh is such a kind man; he's such a good man. Trust is one of the biggest things, no matter what kind of film you're making. We trusted each other and our director. Safety allows us to be more dangerous. There's a part where Hugh puts a hammer in the wall right next to my head, after he destroyed a sink. The sink was planned, and we had done the scene a few times. On one take Hugh put the hammer next to my head, totally unplanned. And then my character fainted. That was a great moment that just happened.

Do you have a regular method for getting into and out of characters like this?
Honestly each time it's different. Sometimes you need to stay with it. You have to figure it out each time. For this, I wasn't filming every day, which actually made it harder, I think. We delude ourselves — that's our job. When you're in the middle of a scene you get lost. Sometimes when you finish a day, looking back on it, it can feel like a fever dream.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Bling it back: He put a ring on it, and it may not be returning

Miley Cyrus. ALL PHOTOS GETTY IMAGES

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about $100,000 — that Liam Hemsworth gave her, according to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Biggest blunder or best-ever Emmy speech?

MELINDA TAUB
Metro World News

Merritt Wever won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

Michael thanks his wife despite turbulent times

Michael Douglas

While Michael Douglas was collecting an Emmy for his work in Behind the Candelabra, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announcement of a new $5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.

Twitter

@ChloeGMoretz
Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song

@josswhedon
They call me "The Looove Doctor" because I can cure it.

@MARLONLWAYANS
My stomach hates me for the pizza I ate today

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Popped a molly, now I'm sweating and now I'm dead

Drugs. Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

MEREDITH ENGEL
Metro World News

Taking a molly has some severe risks. ISTOCK PHOTOS

Ecstasy has long been a popular club drug, but its molecular form — dubbed "molly" — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song We Can't Stop, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's The Doctors, which just premiered its sixth season. But that "could not be further from the truth," he says.

"The young adult culture that's embracing (this) has this false sense of security that it's safe," says Stork. "Especially when it's in a powder form. The truth is you have no idea what's really in it."

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and invincibility.

The consequences of that high include a spike in heart rate and blood pressure, hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

"There's so much misinformation out there amongst kids, and obviously we know that kids are willing to say or believe anything," he says. "My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been had, if it's been had by someone else, it could be too late."

Miley Cyrus' recent song has helped to popularize the use of the drug. CONTRIBUTED

There's no "right" age to start that dialogue, he adds — it's about knowing your child, being involved in his or her life and keeping your ears open.

"If you're worried about someone else having the conversation with your child, that's the time to have the conversation," he says. "As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful."

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Health research

Swearing away your pain

Don't listen to grandmothers bleating about manners: Not only is swearing fun, it has many health benefits. That's according to leading "swearologist" Dr. Richard Stephens, a psychologist at Keele University in England, who has shown swearing accelerates pain relief and explained his research into this interesting phenomenon.

What have you discovered?
We showed that swearing is a form of emotional language, a more demonstrative mode of expression. Our latest test showed how aggression can also help pain relief; we had subjects play violent video games or golf simulators, and then saw how long they could keep their hands in ice. The aggressive game players lasted longer.

Nice. What can swearing do for me, doc?
Mainly pain relief, but potentially stress relief, too. One researcher found that swearing altered moods and reduced irritation. We're also looking at whether being emotional makes you better at swearing, which we test in a fluency task of how many words they can say in a minute.

So, you can tell who is the best at swearing?
We know some are more fluent than others. We also looked at gender, age, social class, etc. Women swear less and working class people swear more.

How can we get the most benefit?
There's no manual, but the more you swear the less you benefit.

CASSANDRA GARRISON/MWN

Pedal to the mettle

Fitness. Introducing SoulCycle, the indoor cycling workout where New Yorkers come to break and meditate

Ride like the wind. CONTRIBUTED

ROMINA McGUINNESS
wellness@metronews.ca

Let's call this what it really is, a spinning class. And at $34 for 45-minutes, a pricey one. So how did a simple trend suddenly become such a "thing" in fitness? SoulCycle is an "experience." A full-body workout with a mental component to it, instructor Danny Kopel tells Metro.

"Some people call it a slutty sanctuary. The lights are dimmed throughout and at a certain point, everything goes dark and there'll be candles around the instructor. In a city like New York, the fact you're in a setting that's conducive for your brain to relax and getting a workout is key," he explains.

Riding to the beat

What makes Soul Cycle unique is the music, which, depending on the instructors' mood that day, ranges from country to electronica.

"Music is the best kind of distraction. During class, you ride at different tempos and levels of resistance, incorporating dance moves, upper body and core exercises as you go along," says Kopel. "During a slower tempo, you might be climbing heavily to Céline Dion but then running out of the saddle to Kanye West. We encourage people to ride with no self-consciousness, to lose themselves in the music."

The body: why it's a calorie burner

Don't go thinking this is an easy ride: this is intense.

"You're powering with your legs and during the upper body exercises you're lifting one-to-five-pound hand weights. It's classic interval training, which is the best way to fire up your metabolism," says Kopel.

But the real reason Soul Cycle has caught on so fast is down to one thing — calories. A 45-minute session can burn up to 700.

SoulCycle playlist

by Danny Kopel

- **Royals.** Lorde
- **Sweet Dreams Original Mix.** Stereo Express
- **Dill the Noise.** Dillon Francis and Kill the Noise
- **Symphonica (Original Mix).** Nicky Romero
- **Shave it Up (Extended Mix).** Zedd
- **I Like That (Dave Aude Trip Remix).** feat Luciana, Richard Vission & Static Revenger
- **Feeling Good (Bassnectar Remix).** Nina Simone
- **Dance the Pain Away (feat John Legend) (Alex Gaudino & Jason Rooney Remix).** Benny Benassi

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The hole truth and nothing but the truth

Strange phobias. Terrified of Swiss cheese? You're not alone; U.K. Prof. Geoff Cole chats about the fear of holes

CASSANDRA GARRISON
Metro World News

Does this image frighten you? If so you could have trypophobia. ISTOCK PHOTO

Does honeycomb upset you? Would Swiss cheese ruin your day? It appears that trypophobia — or fear of holes — is a genuine phenomenon, as shown by the first scientific study of it.

Prof. Geoff Cole of the University of Essex in the U.K. conducted the research by testing reactions to images, and told us we have a problem.

Honeycomb is lovely — what's the problem?
When a person with trypophobia looks at a trypophobic image, part of the brain tells them to be wary as it makes an association with poisonous animals that have high contrast colours. We took trypophobic images and broke them down into fundamental units and got similar visual signatures.

I actually hate looking at honeycomb. Am I trypophobic?
We say 16 per cent of people are, but really everyone is affected to some extent — the most common phobia you never heard of. We asked people to rate images as disturbing or not and even the ones that were not uncomfortable could understand that objects like lotus seed pods are not nice to look at.

How bad does it get?
Pretty bad — we hear people say a bad image can ruin their day. It becomes circular, playing on your mind and getting worse.

Which holes are the worst?
They tend to be three to four millimetres wide and in a cluster, with a dark light outside.

How do you treat it?
Desensitization — like most phobias. Present people with the stimulus inducing fear, and eventually it just subsides.

After doing this study do you now have an aversion to holes?
The opposite! I knew about this because I was trypophobic at school. Someone drilled a hole in a coin and I was so sick I had to leave. When I moved into brain science I mentioned it to my partner and said I might not be able to do the research. But now I have seen the images so many times I'm not disturbed.

Best Health

Stretch out your stress with yoga

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

How does yoga help to soothe stress? Let us count the ways. Best Health asked for insights from David Good, a yoga instructor at studios including Breathe Yoga Studio in Toronto. He is also a Lululemon Ambassador.

"I believe in opening the mind and heart to a new way of thinking about your body and potential," he says, adding yoga can help you feel less stressed in these three ways.

Let yoga melt away your stress. ISTOCK PHOTO

It provides muscle relief
From shoulders to neck, hips and lower back, yoga releases tension due to stress in these major store houses by lengthening the muscles and creating gaps between joints and bones.

It promotes healthy organs
Yoga stimulates the parasympathetic nervous system, Good says.

"Whereas the sympathetic nervous system is your 'flight or fight' trigger, the parasympathetic nervous system helps you relax by lowering your blood pressure, strengthening your digestion and boosting your immune system."

It gets you fit inside and out
A healthy workout is good for the body and soul. Yoga helps you to become leaner, build muscle and de-clutter your conscience.

Look for Best Health and David Good of Breathe Yoga Studio Sunday at a mass yoga event at 2803 Dundas St. West in Toronto.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

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culturedays

I ♥ CULTURE

EXERCISE YOUR ARTS AND CULTURE MUSCLES

Have you ever tried Turkish rug weaving? Interested in learning about Roma dance?

If you want to get your culture on this weekend, check out Culture Days, a national three-day event that focuses on promoting public participation in a wide range of arts and cultural experiences to the general public.

Now in its the fourth year, the event runs across the country and will include some 7,000 activities, 480 of which are in the Greater Toronto area.

"Culture Days is like ParticipACTION for the arts," says Catherine McLeod, the Toronto-based interim manager for Ontario Culture Days. "It's a chance to exercise your arts and culture muscles and try something you might not have done before."

There are plenty of opportunities to try something new at Toronto Public Library branches. For the third year, Culture Days @ the Library, a partnership between the Toronto Public Library, the Neighbourhood Arts Network and Culture Days, will present 41 activities by local artists at 37 library branches across the city. Activities include everything from belly dancing and interactive storytelling workshops to demonstrations from Ballet Jorgen, Canada's fifth largest ballet company.

CHRISTIAN BADANJAK PHOTO

Toronto artists and cultural groups are excited to share their work, knowledge and skills with the community.

"It is a privilege for us to share our heritage with our friends in the community and be part of Culture Days @ the Library," says Evnur Taran, activity organizer for Turkish Kilim Weaving at the Maria A. Shchuka Library. "No matter what language we speak, when arts and crafts people get together they speak a common language."

To find out more about the event and to search for Culture Days activities in your neighbourhood, including Culture Days @ the Library activities, check out on.culturedays.ca.out onculturedays.ca.

@ THE LIBRARY

Three things to catch this weekend at Culture Days @ the Library.

KANTIWENAHAWI — RED BEAR STROYTELLING — Jim Adams shares stories from the various First Nations living on Turtle Island. (Spadina Road branch, Friday, 10:30-11:30 a.m.).

GLASS PAINTING WORKSHOP WITH NINA SHAH — transfer your artistic inspiration to the medium of glass. (Barbara Frum branch, Friday, 2-4 p.m.; Albion Library branch, Saturday, 10 a.m. to 2 p.m.).

ENJOY THAI DANCE WITH TDOT TDAT — Watch, learn and try some basic postures of traditional Thai dance. (Agincourt Branch, Saturday, 10:30-11:30 a.m.; Highland Creek branch, Saturday, 1:30-2:30 p.m.).

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CULTURE DAYS HIGHLIGHTS

YOUR GUIDE TO THIS WEEKEND'S ACTIVITIES AND EVENTS

TORONTO

WHAT: *Inside Compania Carmen Romero Flamenco Dance.* Enjoy an opportunity to see a rehearsal, an in-studio performance and to try flamenco. All abilities and ages welcome.
WHO: Compania Carme Romero School of Flamenco Dance Arts
WHEN: Sunday, Sept. 29, 2-4 p.m.
WHERE: 263 Adelaide St. W.

WHAT: *Red Bear and Lone Wolf.* Join Red Bear and Lone Wolf as they take you on a subway ride like you have never experienced before.
WHO: Red Bear
WHEN: Friday, Sept. 27, 5-7 p.m.
WHERE: University subway line

WHAT: *InterAction Side Stage Workshop at Small World Music in the Square.* Part of the third annual Small World in the Square, the InterAction Stage features hands-on workshops. Also visit the kids instrument making tent.
WHO: Small World Music Society
WHEN: Saturday, Sept. 28, 1-6 p.m.
WHERE: Yonge-Dundas Square

DURHAM REGION

WHAT: *Tread on it! Super Sunday at Station Gallery.* Work with professional artist Jeff Mann in a tire-printed T-shirts workshop. Use tires and other car parts as the printing blocks. Free T-shirt provided.
WHO: Station Gallery
WHEN: Sunday, Sept. 29, 10:30 a.m.-3:30 p.m.
WHERE: 1450 Henry St., Whitby

WHAT: *Durham Storytellers tell art-inspired stories.* Durham Folklore Storytellers will weave tantalizing tales inspired by art works in their collection. This event is possible thanks to support from the Storytellers of Canada
WHO: The Robert McLaughlin Gallery and Durham Folklore Storytellers
WHEN: Sunday, Sept. 29, 1-1:30 p.m. and 2-2:30 p.m.
WHERE: 72 Queen St., Civic Centre, Oshawa

SHANNON THUNDERBIRD PHOTO

PEEL REGION

WHAT: *Seminar: Turn your talent into a business.* This one-hour introductory seminar will help you evaluate whether your talent as a musician, visual artist, writer, crafter, woodworker, etc., has the potential to become a profit-generating full- or part-time business.
WHO: Brampton Small Business Enterprise Centre
WHEN: Friday, Sept. 27, 2:30-3:30 p.m.
WHERE: Brampton City Hall, 2 Wellington St. W., second floor EDO, Brampton

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WHAT: *Guided Cemetery Tours from the War of 1812.* Enjoy guided tours of the historic 1810 Union Cemetery, Mississauga's only established site that predates the War of 1812. Re-enactors will impersonate real figures from history.
WHO: Heritage Mississauga
WHEN: Saturday, Sept. 28, 10 a.m.-4 p.m.
WHERE: 707 Dundas St. E., Mississauga

CULTURE DIVISION MISSISSAUGA PHOTO

YORK REGION

WHAT: *Wonderful Ballet.* Observation, participation and assessment in ballet, music, vocal and art classes for people of all ages. Stretching and character dance for those 10 and older. RSVP: info@victoriaballet.com
WHO: Victoria International Ballet Academy
WHEN: Friday, Sept. 27, 4-8 p.m.
WHERE: 7 Bradwick Dr., Vaughan

WHAT: *Plays In Cafés.* Shadowpath Theatre Productions will be presenting its famous Plays in Cafés and will be premiering its new addition of Plays in Cafés KIDS in three different local venues on three different days.
WHO: Alex Karolyi
WHERE AND WHEN: 9631 Yonge St., Richmond Hill, Friday, Sept., 27, 4-6 p.m., Sunday, Sept. 29, 1-2:30 p.m.; Yoffee Coffee, Milky Lane Café, 10815 Bathurst St., Richmond Hill, Friday, Sept. 27, 7-9 p.m., Saturday, Sept. 28, 1-2:30 p.m.; Bass Pro Mills Drive, Vaughan, Saturday, Sept. 28, 8-10 p.m.

ONLINE BRIGHT SPOTS SCHEDULE

With the generous support of National Partner Sun Life Financial, the Culture Days Bright Spots Schedule is an easy-to-use online tool that allows you to create a customized schedule of activities taking place in your community.

Find and select the activities you are interested in at culturedays.ca for your Bright Spots Schedule to make the most of your Culture Days weekend. You can search activities near you by artistic discipline, day, time or keyword.

Culture Days artists and cultural organizations offer a wide range of activities. Choose from music, dance, theatre, visual arts, digital media, literature, film, video, design, culinary art and much more.

During the Culture Days weekend (Sept. 27-29) be on the lookout for Bright Spots Venue Identifiers that will be displayed at Culture Days activities so you will be able to see where all the action is.

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To print Joe-Lin's schedule of events, search by our postal code – L1C 3K6 – under Find Activities

DETAILS OF JOE-LIN STATION EVENT
DATE: Friday, Sept 27 to Sunday, Sept 29, 2013
TIME: Friday - 9 am to 5 pm, **Saturday & Sunday -** 9 am to 6 pm
LOCATION: 2969 Conc. Rd. 8, Clarington, Ontario L1C 3K6
(Go to the reservations page of www.joelinstation.ca for instructions on how to get here)
Linda Fockler (905)263-8028 or toll-free 1-866-771-2184
Email address: joelinstation@wcshighspeed.com
OR contact me on Facebook by searching Joe-Lin Station or Linda Fockler
culturedays

Country twist on comfort food

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15 minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Lamb Vegetable Stew with Garlic Mashed Potatoes

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Ingredients

- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsp flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsp margarine or butter
- 1 tbsp minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

Health Solutions

Honey, honey

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffshoney.ca) and he busts some honey myths.

Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat, which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncrystallize easily without risking plastic leaching.

Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or basswood. Orange honey's bees are fed on dandelions. Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Roasted Cauliflower Soup With Thyme & Bacon

This soup is deceptively healthful and can be made even more so by using milk instead of half-and-half. The best news is that it is really three recipes in one! You can serve the cauliflower on its own, make the soup as the recipe states, or create a "mash" or puree by decreasing the amount of liquid by half when pureeing (serve as a substitute for mashed potatoes).

1. Heat oven to 400 F. Line rimmed baking sheet with cooking parchment.

2. Use paring knife to cut out and discard core of each head of cauliflower, then cut heads into large florets. Place florets in bowl and drizzle with olive oil. Toss to coat. Sprinkle with about 2 teaspoons of salt, toss.

3. Arrange the florets in a single layer on the prepared baking sheet. Roast for 30 minutes, then use tongs to flip the florets, then roast for another 30 minutes, or until the florets are deeply caramelized and golden.

4. Transfer florets to blender and add 2 cups of broth. Purée, then add the half-and-half and purée for another 3 minutes, or until completely smooth. The purée should be very thick. With the blender running, add the remaining broth, the thyme and white pepper. Taste and adjust seasonings.

5. The soup can be transferred to a saucepan and gently heated, or refrigerated overnight before reheating and serving. When ready to serve, garnish each bowl with a bit of cooked bacon and a sprig of fresh thyme. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

- 2 heads cauliflower (about 4 1/2 lbs total)
- 1/4 cup olive oil
- Kosher salt
- 4 cups chicken broth (or more for a thinner soup), divided
- 2 cups half-and-half
- 2 tsp chopped fresh thyme, plus 8 sprigs to garnish
- Pinch of white pepper
- 10 slices apple wood smoked bacon (or 3 slices country ham), minced and cooked

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i'm lovin' it

Two guys, one career: Rock song keeps pair rooted to their purpose

Little Room, big ideas. Two pals merge their interactive interests to create a business that works with the modern world

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Little Room Inc. (Co-founded by Clint Robinson and Kofi Gyekye)

What: An award-winning marketing and technology agency.

Why: "We were both working at different companies as contractors (before Little Room), but worked together on projects together every now and then when we were approached by a company to manage a project. We decided why not create an agency together and keep going ... that was two years ago."

If you had asked Kofi Gyekye, 26, what he wanted to be when he was a child a million ideas would've tumbled from his mouth, which, looking back, seems a telltale sign of what was to come for the entrepreneur.

Now as a client manager and business owner he and his partner Clint Robinson, 32, wear multiple hats throughout the day as cofounders of Little Room Inc., a digital marketing and tech startup located in downtown Toronto.

The company, Gyekye says, began in the early days of friendship between him and fellow co-founder Robinson, who both attended and hosted underground parties in Toronto.

The two later realized they had similar interests in tech and business and decided to work together to build Little Room Inc., which now employs 25 people.

The company's unusual name, which hails from a White Stripes song of the same name, is meant to illustrate the company's unique approach to business.

"It's a reminder that no matter how big you get, how successful you become, you always go back to this little room where it all started and we treat that as a philosophy," Gyekye says.

"We see the agency growing in the future, but no matter how big it becomes we don't want it to turn into a bureaucracy like other agencies because then you have to spend your time managing resources instead of spending time on clients."

Through their business they have created a series of projects in use today such as Blossomr (an app that helps non-profits fundraise) and the Leyaata project (a joint project with the Canadian International Development Agency to provide health care and decrease infant mortality in Northern Ghana). Gyekye and Robinson also worked with brands such as Rogers, HBC and TopShop.

"A lot of people think we're a marketing company, but we're more than that. We actually build cool stuff."

That cool stuff includes everything from content business platforms for Advertising Standards to marketing and social media tools for Tromba Tequila.

"Everything is changing, people are spending more time on mobile and we want to be different," Gyekye says. "We created (Little Room Inc.) to be different."

E-laborate

- Go to metronews.ca/voices/mom-and-pop-shops to learn more about Little Room Inc. and to read their advice for starting your own business.

Little Room Inc. co-founders Clint Robinson and Kofi Gyekye were recently awarded gold at The Media Innovation Awards for their work on an interactive ad for Infiniti JX. CONTRIBUTED

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Each insurance company has its own way of rating a driver, largely based on the company's claims experience. That means that what one insurance company charges you is different from what another will charge.

Comparing rates doesn't oblige you to do anything, so you can get quotes and still decide to stay with your current insurance company. It's possible you already have the best deal, but the only way to know for sure is to take the time to compare rates on a regular basis.

Shopping Around Is Easy

There's no need to spend a day calling around for quotes, repeating information, and waiting for calls back with quotes. Sites like InsuranceHotline.com let you get no-obligation, fast, free quotes from Canada's top insurance companies in a fraction of the time.

"I loved how easy it was to get quotes and find one that is less than I am presently paying…I would recommend your site to anyone who wants the best insurance at the best price." – Rui, InsuranceHotline.com customer.

People who shop for quotes online get more than one quote to consider and compare. Simply enter your information one time, and get unbiased quotes returned to you to peruse at your leisure. It's the easiest way to shop for insurance.

The Savings Could Be Big

Many people think that the rate differences can't really be that much, and that there is no point wasting time shopping around. The truth is that rates between insurance companies can vary greatly. You could actually save hundreds of dollars every year by shopping around.

Anyone Can Save

Don't think that just because you have a ticket or an accident on your record you have no hope of getting a great rate. Especially if you are facing rate hikes due to a ticket or accident, you should get some comparison quotes to see if there's a better rate for you.

Every insurance company looks at tickets and accidents differently; some won't charge you as much for that ticket, so take the time to shop around.

How Often Should You Compare Rates?

You can check rates as often as you like, but once a year is a good habit to get into. Most people choose to shop around on renewal to make a smooth transition, but there is no real reason to wait. You can shop around any time.

It's especially important to shop around when you have a ticket or an accident coming off your record. You could qualify for much better rates with your driving record clean, and you will find a lot of companies ready to offer you a great deal. Buying a new car or moving are also good times to do some rate comparisons; these changes could mean increases on your current policy that you could avoid by shopping around.

"It's a good price, and it's very easy to do it." – Jose, InsuranceHotline.com customer

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PEOPLE, PROFITS, PLANET

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At the College of Management and Economics, University of Guelph, it's all about the triple bottom line — people, profits and planet.

With these three pillars in mind, the University of Guelph now offers a new MBA option — sustainable commerce.

"At Guelph, one of the main pillars is corporate social responsibility and the importance of developing sustainable business," says Sylvain Charlebois, associate dean, College of Management and Economics, University of Guelph. "This program is for individuals looking for a different experience at the MBA level."

According to Charlebois, the MBA in sustainable commerce has been rethought and re-engineered for individuals to better understand human and finance capital from a sustainable standpoint.

The first cohort to start this new MBA program will hit the books in May 2014.

The program will be delivered in a hybrid delivery model, where students will study both in class and online. Charlebois says students from all over the world can benefit from this method of program delivery since it only requires a couple of weeks per year in class.

The first two weeks of the program are conducted in class, then students will study online for the next year.

After the first year, students will come back for another two weeks of in-class instruction, followed by another year of online studies.

Finally, at the end of the two-year, part-time program, students will come together in class for one final time to complete the course work.

"When students are finished they are very acquainted with the college and their peers," Charlebois says.

This program requires students to have completed the GMAT or have relevant work experience (to the discretion of the university).

Applications are now being accepted.

For more information, please visit wuoguelph.ca/cme/executive-programs.

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Many MBA programs offer students the chance to gain real-world experience through some form of internship before entering the work force, but the Laurier MBA offers student two chances.

The full-time Laurier MBA with co-op option offers students a chance to test the waters in two separate job placements while being paid.

For former student Basma Anabtawi, senior demand planner Neutrogena Cosmetics, Johnson & Johnson USA, this program helped her turn her bachelors of honours science into a successful career working for a world-class pharmaceutical company.

"Combining science with business was my intention and the doors that it has opened for me since has been the proof that I made the right decision," Anabtawi says.

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After having completed two co-op terms she knew that, regardless of what she chose to do following graduation, she had great full-time opportunities awaiting her once she completed the program.

"Most young and new grads are searching for a way into the corporate world that is going to put them on the fastest path to success," Anabtawi says. "The co-op program provides that perfect 'in' to get your foot in the door."

One current student thinks his experience in Laurier's MBA program will be a difference maker for his career.

"I have undergone a demanding and challenging academic course load, completed two co-op placements in different industries at well-respected companies, as well as worked and networked with very intelligent and motivated individuals," says Hudson Allison, a Laurier MBA student who is currently completing his last co-op placement at GMP Securities L.P. as an investment banking analyst (co-op).

"This was an invaluable journey that has allowed me to develop a broad skill set that I will keep with me moving forward in the business world."

He says with little work experience behind him, the co-op option has allowed him to test the waters in two very different industries and make strong connections while working for reputable companies.

For more information about the MBA with the co-op option, please visit lauriermba.ca.

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Developing leaders enables organizations to remain competitive.

By investing in their employees through programs like Rotman's one-year executive MBA and the Omnium Global Executive MBA program, companies develop their existing talent pools and maximize potential within their workforces.

"Leadership development brings great value and benefit to the organization, as well as the individual," says Ryan Rodrigues, MBA, director, leadership development and recruiting, executive MBA programs, Rotman School of Management, University of Toronto. "By investing in leadership development, organizations signal the value of professional growth and their commitment to innovation."

The Rotman School offers five ways for you to earn your MBA, two of which are executive MBA programs that offer students a more senior network of peers and a format that allows them to work full time while they complete the program.

One of these is the leadership excellence acceleration program (LEAP) model.

"The LEAP model was designed as the cornerstone of the program to give our students measurable outcomes and change through a customized leadership curriculum," Rodriques says. "It also gives them the tools to continue their development long after their MBA experience."

For more information about the MBA programs available at Rotman School of Management, visit rotman.utoronto.ca.

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This unique program has an international business focus throughout, but also offers options in finance and marketing.

For graduate Rimi Banerjee, the most important factor for her was the dual graduate business degree of MBA and MScIB combined with a short duration of 16 months.

"The course was specific, dealing with relevant concepts and tailored according to the need of the real work environment," Banerjee says.

Banerjee says the best part about the course was it was challenging, not only at an intellectual level, but also on physical and emotional levels.

"At this time, looking back, I feel a sense of achievement that this course brought along and this is what I enjoyed the most," Banerjee says.

This program also focuses heavily on a 16-week internship portion, which is one of the top reasons students give for choosing the MBA program at VIU.

VIU also offers a two- to three-month business foundation program for students who have finished a non-business degree that will prepare them for the MBA program.

For more, visit viu.ca/mba.

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#16 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (14th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#22 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.

BUILDING A BETTER BUSINESS LEADER

The business environment today is anything but clear and simple. In order to succeed, a business leader must know how to manage ambiguity and complexity. Individuals, businesses and universities need to adapt and evolve as the market does.

Here are some of the ways the DeGroote School of Business at McMaster University is adapting so its graduates learn the skills and ways of thinking that inform most decisions made by managers today.

1 EMBRACE THE CHANGING NEEDS OF THE MARKET: Business schools need to share knowledge that reflects how businesses are evolving and build new partnerships and programs that keep pace with the evolving needs of employers and employees. It also needs to be more convenient for professionals to learn the skills they need to grow. That may mean completing programs faster, combining online courses with classroom learning, and offering more flexibility on when courses are offered. DeGroote has already added a new 16-month MBA.

2 EMPHASIZE EXPERIENTIAL LEARNING: Business education is about learning how to make things happen. Students need to analyze information, think strategically, make critical decisions and communicate. To do this, students need to apply the knowledge they learn from books and professors to real-life situations. Actually making things happen as a student is the best preparation for doing the same as an employee or an entrepreneur.

3 EMBRACE TECHNOLOGY: Don't be complacent about technology. Big data allows organizations to analyze and know their customers like never before. In education, online courses provide flexibility. Exploding technological advances are here to stay. They must be incorporated into business schools in a way that aids the teaching of future business leaders.

Leonard Waverman, dean, DeGroote School of Business, McMaster University

CONTRIBUTED

A better business leader enters the workforce armed with knowledge that reflects what is emerging (and actually happening).

DeGroote sees it as its responsibility to ensure that leaders are equipped to meet the challenges of the future.

University of Guelph, MBA in Hospitality and Tourism Management Alumnus
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For one University of Guelph alumnus, earning his Online MBA was the investment he needed to catapult his career.
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FIND OUT WHY IT'S THE BEST-KEPT SECRET

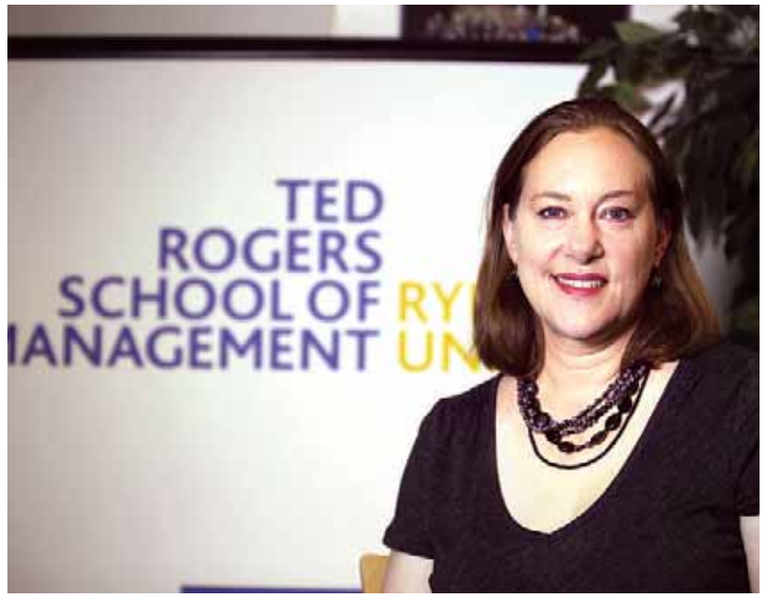
The MBA program at Ryerson is the "best kept secret" among MBA programs, says to Kim Bates, MBA program director.

At Ryerson University, through the Ted Rogers School of Management, the MBA is designed to create business leaders who are responsive to emerging trends and the demands of the marketplace.

"The students gain so much more in our program because of the supportive environment that emphasizes both technical skills and the 'soft' interpersonal and communication skills, the creative and innovative initiatives, the hands-on approach, and the students end up being really competitive when they go out to look for jobs," Bates says.

One of the key components to the Ryerson MBA is the internship portion of the program. The internship improves the educational experience by giving students a chance to apply their new skill set in a real-world setting in real time.

"Many of our internships turn into job offers — our long-run average is that about 60 per cent will turn into full-time positions, and that is validating for our students," Bates says. "It also tells us that the program provides skills that employers need."



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Ryerson MBA students are successful because the program provides the right balance of real-world knowledge from industry leaders and technical skills like financial analysis or marketing research.

"They are getting the same positions as grads from other MBA programs that have been established for a longer period of time, but because of our affordable tuition, they have a lower financial burden," Bates says.

Because the internship and capstone project is in the last term in the summer, students can accept job offers right away, rather than returning to school for a second year.

For more, visit ryerson.ca/mba.

TWO DEGREES

Ryerson has two MBA degrees, one with an international focus, and one in the management of technology and innovation.

The MBA program is accelerated because it runs straight through three semesters (12 months) for students with an undergraduate bachelor of commerce or bachelor of business administration, or four semesters (16 months) for students whose undergraduate degree is in another field.

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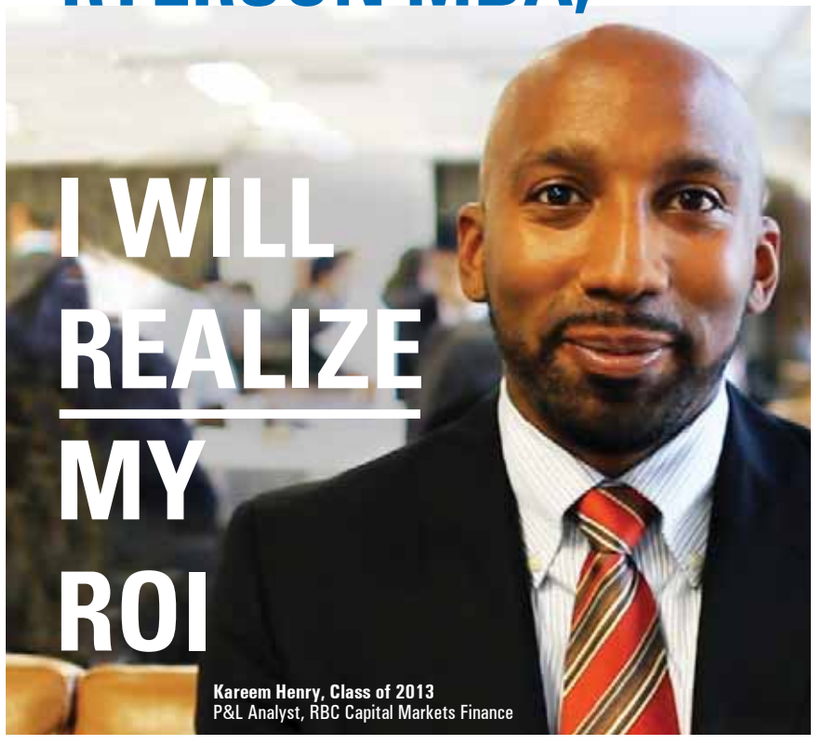

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FAST TRACK TO A REWARDING CAREER

AT THE SCHULICH SCHOOL OF BUSINESS

Michael Peters has a university degree in music and runs his own recording studio, but he wants more.

At age 27, and midway through the one-year master of accounting (MAcc) program at Toronto's Schulich School of Business, Peters is well on his way along the path to a challenging new career with long-term stability. Just as music is a universal language, accounting is "the universal language of business," he says.

"I wanted a program that will be intellectually challenging and offers a stable future with good career prospects," he says. "My switch from music has been absolutely the right thing to do; I'm confident I made the right decision. I am interested in working as a chartered accountant."

Prof. Marcia Annisette, who launched Schulich's unique master of accounting program in May, says that, despite his non-traditional background, Peters has worked hard and has been maintaining good grades within the diverse class of 2014, which includes students with undergraduate degrees in sociology, the humanities and social sciences, as well as math, engineering, economics and business.

In fact, Schulich's MAcc program is specially designed to help meet the increasing demand for more highly engaged, critically and civic-minded financial practitioners in the wake of the global financial crisis, Annisette says.

"Today, more than ever before, the widest variety of perspectives is needed when making business and financial decisions," says Annisette, who hopes to see even more diversity among next year's applicants. For the next class, which will graduate in the spring of 2015, studies will begin in May 2014.

There is no direct correlation between the MAcc students' prior degree and their success in the program, Annisette says. The average age among the students is 25 and the class is made up of 44 per cent male and 56 per cent female students. Thirty-seven per cent are international students.

Through case-based learning, the MAcc program provides students with the critical thinking and the financial skills needed to make decisions within legal, financial, regulatory and ethical frameworks. Students learn the full range of accounting functions, including managerial finance, complex financial reporting issues, and auditing information systems.

MAcc students choose between two streams of study — the CA accredited stream, an accelerated route that leads to professional accounting certification, and the management accounting information stream that prepares students for a management role.

MMA

Jones, Gustafsson out of action after gruelling title fight

Light-heavyweight Jon (Bones) Jones and Sweden's Alexander (The Mauler) Gustafsson have both been given minimum 60-day medical suspensions after their gruelling five-round fight at UFC 165 on the weekend.

Both fighters were taken to hospital after Saturday night's main event at the Air Canada Centre but were released by morning. Jones won by decision.

Jones will also need a CT scan or MRI plus an X-ray before he can return to action, according to the Ontario Athletic Commission. Gustafsson is required to take a CT scan or MRI.

METRO

Women's basketball

Canada improves to 2-0 in Mexico

Kim Gaucher scored 21 points to lead Canada to its second straight lopsided victory at the FIBA Americas Championship, a 93-51 rout of Chile on Monday.

Shona Thorburn added 18 points, while Justine Colley finished with 16.

THE CANADIAN PRESS

NBA

Shaq secures stake in Kings ownership

The big man that tormented the Sacramento Kings for so long is now the biggest name to join the franchise's new ownership group. The Kings announced Monday that Shaquille O'Neal has acquired a minority stake in the team.

THE ASSOCIATED PRESS

NHL

League cracks down on Kassian with 5-game ban

The NHL suspended Vancouver Canucks forward Zack Kassian for five regular-season games and the rest of pre-season on Monday for a hit that broke the jaw of Edmonton forward Sam Gagner. THE CANADIAN PRESS

Kessel's rescue proves costly

NHL. New Leaf Clarkson gets 10-game ban for leaving bench in pre-season line brawl with Sabres

It was an old-school scene that is a rarity in today's NHL: a wild rock-'em, sock-'em melee that included a player leaving the bench to join the fray and even a goalie fight.

The pre-season scrap between the Toronto Maple Leafs and Buffalo Sabres on Sunday night brought back memories of hockey yesteryear, when players dropped the gloves first and thought about the consequences later.

The rumble was the main talking point when the Maple Leafs resumed training camp on Monday.

Tension rose a night earlier when Toronto's Jamie Devane emerged victorious in a fight with Buffalo's Corey Tropp. John Scott then dropped his gloves to tangle with Maple Leafs forward Phil Kessel, who didn't engage and instead swung his stick at the Buffalo big man's ankles.

The Maple Leafs quickly moved in to protect their teammate — including David Clarkson off the bench — and the melee was on. A mildly interesting pre-season game suddenly had hockey fans circling Nov. 15 on their calendars for when the rivals next meet.

Toronto head coach Randy Carlyle said he erred by putting Kessel on the ice after the Devane-Tropp fight.

"Obviously I made a mistake, but I never believed in my wildest dreams that the attack would come directed at that type of player from the opposition," Carlyle said. "But I was wrong."

Scott is a mountain of a man at six-foot-eight and 270 pounds. It didn't take long for the Leafs to move in and prevent their sniper from feeling Scott's wrath.

Clarkson didn't hold back and was automatically suspended 10 games without pay Monday. He'll forfeit $269,230.80 of his salary and won't make his regular-season debut until Oct. 25 in Columbus.

"In the situation I think that he felt that there was an advantage being taken by their player," Carlyle said. "It was of poor judgment and he did what he did and there's no way to defend it. You just accept what went on and move forward."

Kessel, who was issued a match penalty, was likely to receive further discipline for his stickwork.

THE CANADIAN PRESS

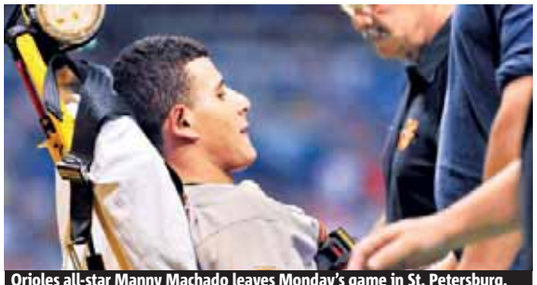
Raymond lands Leafs spot

The Toronto Maple Leafs signed left-winger Mason Raymond to a one-year deal on Monday.

- Raymond, who went to training camp on a professional tryout agreement citing the "opportunity" available, will reportedly make $1 million US.
- The 28-year old is likely to slide in on the Leafs' third line. He had 10 goals and 12 assists in 46 games last season for the Vancouver Canucks.

Toronto Maple Leafs forward David Clarkson looks up in the middle of a brawl with the Buffalo Sabres on Sunday night in Toronto. FRANK GUNN/THE CANADIAN PRESS

O's add injury to abysmal Tampa Bay trip



Orioles all-star Manny Machado leaves Monday's game in St. Petersburg, Fla., on a stretcher. AL MESSERSCHMIDT/GETTY IMAGES

The Baltimore Orioles' trip to Tampa Bay ended up more damaging than they could have ever imagined.

All-star third baseman Manny Machado went down with a potentially serious leg injury, Alexi Casilla left with a head injury and the Orioles were pushed to the brink of being eliminated from the AL wild-card race Monday with a 5-4 loss to the Rays.

"It was a tough four days and it culminated in a lot of bad stuff today," Orioles second baseman Brian Roberts said. "The losses and the injuries and feeling like we had a good chance coming into Tampa, to walk out with this kind of feeling is tough for everybody."

James Loney's pinch-hit home run off Tommy Hunter ended the series for the Orioles, who fell five behind idle Cleveland for the second wild card with six games left. Tampa leads the Indians by a game.

"I don't want to say depressing; it probably is," Orioles manager Buck Showalter said.

THE ASSOCIATED PRESS

On Monday

Rays	Orioles
5	4

4 SPORTS

Blue Jays still have plenty to play for

Early auditions for 2014 team. Young position players as well as pitchers on the rebound to state their case as season ends

The Blue Jays travelled to Chicago's South Side on Monday to take part in what sure seemed like a pointless exercise against the White Sox. But while the makeup game was meaningless to the standings and both clubs are miles away from contention, this time of year remains important to evaluate players for next season.

The Blue Jays, for one, are seeing what they've got in youngsters Anthony Gose, Kevin Pillar, Moises Sierra and Ryan Goins, while also assessing who among their current crop of pitchers should be given a shot next season.

While Gose and co. are getting plenty of playing time with the injuries to the Jays' outfield, manager John Gibbons has struggled to find regular work for those in his 13-man bullpen, particularly starters Ricky Romero and Kyle Drabek.

Each have pitched all of two innings since they were recalled from Triple-A Buffalo as part of September's roster expansion.

Once considered future mainstays of the club's starting rotation, Romero and Drabek are in uncharted territory as fledgling relievers. Given that Romero has yet to be able to right himself following 2012's miserable season and Drabek is coming off his second Tommy John surgery, the Jays' long-term plans for the two pitchers remain unclear. But what are they doing here if they're not going to pitch? Wouldn't it make sense to give at least one of them one of the club's final starts?

"You throw them in for a start and they're really not geared for it," said manager John Gibbons. "They haven't been on a steady routine, so it's probably unfair to judge them that way." TORSTAR NEWS SERVICE

On the web

For the result between the Jays and White Sox, go to metronews.ca.

Anthony Gose fields a ball in centre field against the White Sox on Monday night in Chicago. ANDREW A. NELLES/THE ASSOCIATED PRESS

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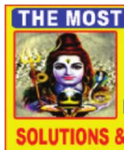

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Horoscopes

♈ Aries
March 21 - April 20
Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend you are cool, calm and collected.

♉ Taurus
April 21 - May 21
Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

♊ Gemini
May 22 - June 21
There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

♋ Cancer
June 22 - July 23
Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

♌ Leo
July 24 - Aug. 23
What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you like then you will be disappointed.

♍ Virgo
Aug. 24 - Sept. 23
What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

♎ Libra
Sept. 24 - Oct. 23
Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

♐ Sagittarius
Nov. 23 - Dec. 21
If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

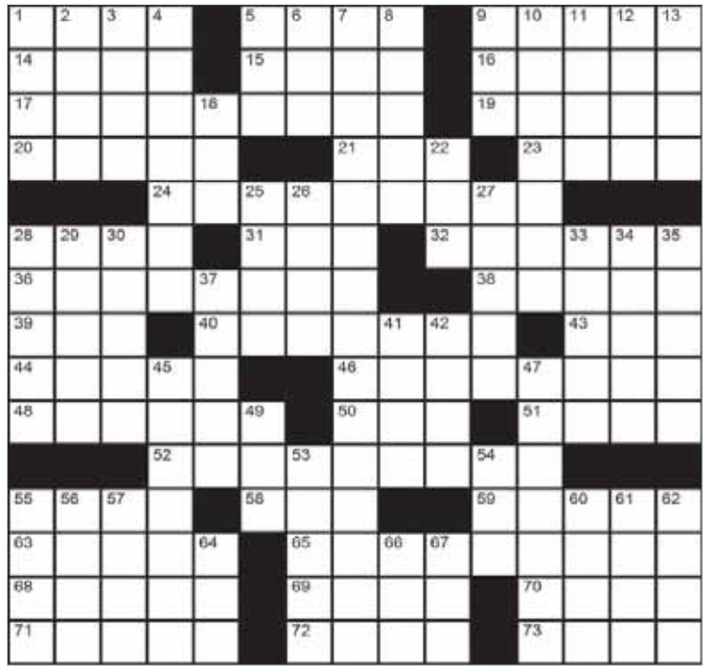
♑ Capricorn
Dec. 22 - Jan. 20
Changes in your world will have a knock-on effect on your day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

♒ Aquarius
Jan. 21 - Feb. 19
Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

♓ Pisces
Feb. 20 - March 20
It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. SALLY BROMPTON

Crossword: Canada Across and Down

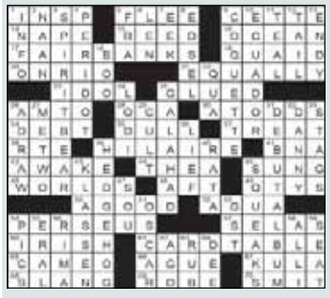
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Farm enclosure
5. Mystique
9. Flight segment
14. Soldier's supply, shortly
15. Cast __ pan
16. Door: French
17. Write up a dosage for
19. Martian
20. Baseball inning
21. Groceries holder
23. Not different
24. Send to the wrong locale
28. 1812 Rossini comic opera, La Scala di __
31. Pique
32. Follower of The Way
36. Jeans brand
38. New Wave music instr.
39. Slot machine feature
40. Least favourable, as per scenarios: 2 wds.
43. Bambi's mom, for one
44. Someone sulking
46. "__ Rhapsody" by Queen
48. Greenery in houses
50. Pre-Traveling Wilburys gr.
51. Gets food
52. Glum
55. Eyeliner of ancient Egypt
58. Painting, for instance
59. Debated topic
63. Self-evident truth
65. Full belief to not doubt
68. Jumpy
69. Handwashing need
70. Country star, Vince __
71. Website's opening page word, sometimes
72. Cloth scraps
73. Airport scr. postings

Down
1. Breakfast cereal brand, __ Crunch
2. Actor Mr. Katz
3. Sort of sign
4. "The __ Always Rings Twice" (1981)
5. Breathed-in stuff
6. Mr. Geller of spoon-bending
7. Toronto-born member of The Band: 2 wds.
8. Approaching, archaically
9. Luxe lieu
10. Anna Karenina author Leo
11. Solo-moment song
12. Any thing
13. Ms. Russo
18. Vital life energy
22. Understand
25. Sediment
26. Ms. Barrymore
27. Hereditary social class
28. Overwhelm, as with work
29. Movie star Mr. Flynn
30. Florida city
33. "A Passage to __" (1984)
34. Short-tailed weasel
35. Not nows
37. "Wayne's World" (1992) character
41. Throw the dice
42. Sole spot
45. Attach, as to a letter
47. Classic rap song: "The __"
49. Above __ level
53. De-chalk the chalkboard
54. Posh title
55. William's wife
56. Yoked pullers-of-plows
57. Bit of knowledge-able help
60. Miffed state
61. American sch. on the West Coast
62. Morays, and others
64. Sea: French
66. "__ Songs (Say So Much)" by Elton John
67. Booming times

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		8		2		7	
		8				9		
	9		1		5		6	
	3	4				6	5	
9								7
	1	7				4	8	
	8		9		3		4	
		6				5		
	5		2		1		3	

Yesterday's Sudoku

1	5	6	8	3	4	7	9	2
8	2	3	7	5	9	6	1	4
7	9	4	6	2	1	8	3	5
5	7	2	9	6	3	4	8	1
4	8	9	1	7	2	3	5	6
3	6	1	4	8	5	2	7	9
9	1	8	2	4	7	5	6	3
6	4	5	3	9	8	1	2	7
2	3	7	5	1	6	9	4	8

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